

## A CASE STUDY ON THE EFFECT OF ARDHA MATIRKA VASTI IN THE MANAGEMENT OF VATA RAKTA

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### ABSTRACT

*Vata Rakta* is a *vatavyadhi*.It is caused by vitiation of *vata* and *rakta*. Based on clinical presentation *Vatarakta* can be correlated with *Gout*.It is most common cause of inflammatory arthritis in men aged more than 40 and is seldom seen in women before the menopause ,affecting approximately 1-2% of adult men in Western world.The prevalence is 0.12% as per ILAR COPCORD.*Gout* describes a number of disorders in which crystals of monosodium urate monohydrate derived from hyperuricaemic body fluids give rise to inflammatory arthritis.In *Vata rakta* vitiated *vayu* obstructs the path of vitiated *rakta* in the beginning and inturn gets vitiated by *rakta*.Vitiated *rakta* obstructs the path of vitiated *vata* leading to *vridha vata avarana* by *rakta*.*Dooshita vata* and *rakta* first reaches to *pada* and *hasta*,later all over the body due to *sukshma,saratva* of *vata* and *dravatva* and *saratva* of *rakta* manifesting the *lakshanas* of *vatarakta*. As per *Charaka samhitha* there is no therapeutic measure comparable to *vasti* to cure *vata rakta*.According to *Chakradatta Niruhadhikara* *Ardha matrika vasti* is indicated in *vata rakta*.In the present study a female patient 54 years age with history of pain and burning sensation in right big toe, discoloration of skin on right leg ,pain in both knee, ankle joints since 15 years, diagnosed as *vata rakta* came to OPD,PG Dept of *Panchakarma*, Dr.B.R.K.R Govt Ayurvedic College,Hyderabad. The patient was given *Ardha matrika vasti* for a period of 7 days. Subjective and objective parameters were taken before and after treatment. The patient found good relief after the completion of treatment.

**Keywords:** *Vata Rakta, Ardha Matrika Vasti ,Avarana*

**INTRODUCTION:** *Vatarakta* is a disease in which both *vata* and *rakta* are afflicted by distinct aetiological factors.It is caused by excessive consumption of *lavana,amla,katu,kshara,snigdha,usha ahara*.*Klinna,shushka,ambuja,anupa mamsa* and *pinyaka, moolaka, Kulutha, Masha, nishpava, shaka, Viruddahara* & sedentary lifestyle<sup>1</sup>. Due to above *nidana* *vata&rakta* gets vitiated. The vitiated *rakta* blocks the passages of *vata* and interferes its smooth movements. The *vata*,whose passages are blocked by *rakta* further undergoes vitiation and further contaminates the *rakta*<sup>2</sup>.It looks as *anyonyaavarana*. *Vata rakta* also known as *vatabalasa* & *Adhyavata*. The symptoms first manifested in the small

joints of hands,feet,fingers including toes and all joints.In the beginning,the hands and feet are afflicted.From this base it spreads to all other body parts because of their *dravatva* and *saratva*,while moving through the channels,get obstructed in the joints which makes them further aggravated.Because of the tourtous nature of the course in the joints,the morbid *doshas* gets lodged there.They further associated with *pitta* and *kapha*<sup>3</sup>.This gives rise to pain in all joints it speards whole body,causing itching,pain,discolouration and burning sensation.The features of *vatarakta* closely resembles with *Gouty arthritis*.The metatarsophalangeal joint of a great toe is the site of first attack of acute gouty

arthritis in 70% of patients, the ankle, the knee, the small joints of the feet and hands, and the wrist and elbow follow in decreasing order of frequency. The affected joint is hot, red and swollen, with shiny overlying skin and dilated veins, it is excruciatingly painful and tender. Treatment of Gout includes Analgesics, NSAIDs, Anti inflammatory, Allopurinol, Uricosuric agents. According to Chakradatta Ardhamatrika vasthi indicated in Vata rakta<sup>4</sup>. As per Charak Samhita there is no therapeutic measure comparable to *vasti* to cure *vataraka*.

#### MATERIALS AND METHODS

**CASE REPORT:** A 54 years old female patient visited OPD (293) of panchakarma, Dr.B.R.K.R. Govt Ayurvedic College, Erragadda, Hyderabad, complaining of pain and burning sensation on right big toe and skin discolouration which is blackish red in colour on right leg. Pain in both knee and ankle joints since 15 years. Swelling of knee, ankle joints, severe itching over skin patch, burning on chest and sour belching since 6 months. While considering these factors, the present case was diagnosed as *Vatarakta*.

#### History of Present Illness

The patient was asymptomatic 15 years back, she first developed pain and burning sensation on right big toe, then blackish red discolouration on right leg shin with itching, gradually pain and swelling of both knee and ankle joints developed.

#### Treatment Given

*Ardhamatrika vasti* approximately 600ml was given for 7 days

#### MATERIAL REQUIRED

#### INGREDIENTS OF ARDHA MATRIKA VASTI

- *Makshikam-2pala*(100ml)
- *Saindava lavanam-1 aksha*(10gms)
- *Sahacharadi tailam-2pala*(100ml)
- *Shatapushpa kalka-1aksha*(10gms)
- *Dashamula and madanphala* (1 fruit)*kashaya*-400ml

#### Preparation of Ardha matrika vasti

**Purva karma:** Patient was given *pradeshika abhyanga* with *tila taila* and *svedana* with plain steam.

**Vasti kalpana:** First 100ml of *madhu* is poured in *khalva* and then 10gms of *saindava lavana* is added and mixed well. *Sahacharadi tail* 100ml is added to this mixture and mixed homogenously. Then *Satapushpa kalka* 10ms is added and whole content is mixed thoroughly. Atlast *Dashamula* and *madana phala kashaya* is added and mixed. Then this total mixture is filtered through a sieve and taken into *Vasti* bag.

**Pradhana karma:** The patient should lie in left lateral position and the prepared *vasti* should be administered.

**Paschat karma:** The patient was explained and instructed to adhere to *parihara vishaya*.

**CRITERIA FOR ASSESSMENT** The following subjective and objective parameters were used to assess the effect of treatment.

**Table No: 1 Grading Of Objective Parameters**

Grade	0	1	2	3
<b>Walking ability</b>	Walks easily	Walks with mild difficulty	With moderate difficulty	With more difficulty
<b>Serum Uric acid</b>	Normal	Mild	Moderate	Severe
<b>ESR</b>	0-20	21-35	36-50	>50
<b>VAS NPDS GRADING (1-10)</b>	No pain	Mild pain (1-3)	Moderate pain (4-6)	Severe pain(7-10)
<b>Tenderness of joints</b>	No tenderness	Mild tenderness	Wincing of face on pressure	Wincing of face withdrawing of effected parts
<b>Local color changes on the skin</b>	No colour change	Mild colour change	Moderate colour change	Severe colour change

**Grading of Subjective Parameters Table No: 2 Grading of subjective parameters**

Features	Grading
<i>Daha</i>	
<i>Kandu</i>	
<i>Ruk</i>	
<i>Shyava tamra tvak</i>	0-Absent
<i>Toda</i>	1-Mild
<i>Shvayathu</i>	2-Moderate 3 Severe

**DISCUSSIONS:**As per *Charak Samhita* there is no other treatment which is comparable to *vasti*.*Nahi vasti samam kinchit vata rakta chikitsitam*<sup>5</sup>.

**MODE OF ACTION OF ARDHAMATRIKA VASTI:** The ingredients of *Ardha matrika vasti* are mentioned above. According to *Chakradatta* it stands superior among all *vasti* karmas, because it is not required either unction or sudation nor is there any restriction of diet. It is approved by *Atreya* and alleviates all diseases. It promotes strength, luster and semen, provides male

progeny and *vrushya*. It is also indicated in *yakshma, sula, krimi*. *Saindava lavana* is having *pachana, deepana, tikshna, vatahara, vishyandana, marga vishodana* properties<sup>6</sup>. With the above properties it helps to pass the drug molecule into systemic circulation and reach upto molecular level. *Madhu* is having *madhura, kashaya anurasa, sheeta virya, madhura vipaka, sukshma marga anusari prabhava*<sup>7</sup>. The *madhura rasa* of honey reduces *vata dosha* and pacifies *rakta dosha* by virtue of *madhura rasa* and *sheeta guna*. *Shatapushpa* is having *katu, tikta rasa, laghu tikshna guna, ushna virya, katu vipaka*. It manages *jwara, vata, kapha, shula* and *akshi roga*<sup>8</sup>. It is

useful in *vata rakta*. *Sahacharadi taila* is very useful in *vata roga* and *shodha*. *Dashamoola* is combination of *Brihat Panchamula* (*Bilva, Agnimandha, Shyonaka, Patala, Gambari*) and *Laghu Panchamula* (*Shaliparni, Prshna parni, Brihati, Kantakari, Gokshura*).

It is *tridosha shamaka* and specially *vata shamaka* properties along with it is considered as *shotha hara, swasahara, amapachana* properties. As *vata* is subsided *shoola* also subsides. *Madanaphala* is *Asthapanopaga*,

*Anuvasanopaga* and *vamaka*. It is having *madhura, tikta rasa, laghu, ruksha guna, katu vipaka, ushna veerya*. Due to *madhura* and *tikta rasa* it pacifies *vata* and *rakta*. It is *shula nashaka, shodha hara vata* and *kapha shamaka* properties<sup>9</sup>. *Sahacharadi tail* is very useful in *vatarogas* and *shodha*<sup>10</sup>

**RESULTS** *Ardhamatrika vasti* was given to the patient for seven days after completion of treatment patient got marked relief. The Results are displayed in the following tables.

**Table No: 3 Assessment of Objective parameters**

Parameters	Before treatment	After treatment
Walking ability	2	1
Serum Uric acid	2	0
ESR	2	0
VAS NPDS GRADING (1-10)	3	1
Tenderness of joints	2	0
Local color changes on the skin	2	1

**Table No: 4 Assessment of subjective parameters**

Features	Before treatment	After treatment
<i>Daha</i>	3	1
<i>Kandu</i>	3	0
<i>Ruk</i>	3	1
<i>Shyava tamra tvak</i>	2	1
<i>Toda</i>	2	0
<i>Shvayathu</i>	2	0

#### REFERENCES:

1. Serum Uric acid-9.2mgs  
2. ESR-1<sup>st</sup> hour-36mm; 2<sup>nd</sup> hour-48mm

**CONCLUSION:** As *vatarakta* is predominantly *vata* and *rakta pradoshaja vyadhi*, *Ardhamatrika vasti* plays a major role in the management of *vatarakta*. All the ingredients having *vatahara, shula, shodha hara* properties which helps in breaking down the pathogenesis of *vatarakta*. Thus this *Ardhamatrika vasti* is very useful in *vatarakta* without any complications.

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BEFORE TREATMENT

GCP- J. B-07-04-2018-15,000.

GOVT. AYURVEDIC HOSPITAL & CENTRAL PATHOLOGY LAB  
ERRAGADDA, HYDERABAD

OP 293

**BLOOD EXAMINATION REPORT**

NAME: Madhavilatha Date: 20-3-2019  
Age: 54 yrs Sex: F

1) HAEMOGLOBIN ..... (13-16 gms.) Male  
..... (11-13 gms.) Female

2) R.B.C. ..... 5 Mill./Cmm. (4-6 Mill/Cmm)  
..... (3.5-5 Mill/Cmm)

3) W.B.C. COUNT..... (4000-11000/Cmm)  
..... (4000-11000/Cmm)

4) POLYMORPHS..... (40-70%)  
LYMPHOCYTES..... (25-40)  
EOSINOPHILS..... (2-6%)  
MONOCYTES..... (1-8%)  
BASOPHILS..... (0-1%)

BLOOD PICTURE  
5) E.S.R. ..... 1st Hour. 36 (0-15mm)  
2nd Hour. 48 (0-20 mm)

6) BLEEDING TIME..... NORMAL 1 TO 3 M  
CLOTTING TIME..... NORMAL 3 TO 7 M

7) BLOOD GROUP..... Rh (D) type.....  
Result:- *ef*

LAB INCHARGE/  
PATHOLOGIST.

AFTER TREATMENT

GCP- J. B-07-04-2018-15,000.

GOVT. AYURVEDIC HOSPITAL & CENTRAL PATHOLOGY LAB  
ERRAGADDA, HYDERABAD

OP 293

**BLOOD EXAMINATION REPORT**

NAME: Madhavilatha Date: 2-4-2019  
Age: 54 yrs Sex: F

1) HAEMOGLOBIN ..... (13-16 gms.) Male  
..... (11-13 gms.) Female

2) R.B.C. ..... 5.2 Mill./Cmm. (4-6 Mill/Cmm)  
..... (3.5-5 Mill/Cmm)

3) W.B.C. COUNT..... (4000-11000/Cmm)  
..... (4000-11000/Cmm)

4) POLYMORPHS..... (40-70%)  
LYMPHOCYTES..... (25-40)  
EOSINOPHILS..... (2-6%)  
MONOCYTES..... (1-8%)  
BASOPHILS..... (0-1%)

BLOOD PICTURE  
5) E.S.R. ..... 1st Hour. 12 (0-15mm)  
2nd Hour. 15 (0-20 mm)

6) BLEEDING TIME..... NORMAL 1 TO 3 M  
CLOTTING TIME..... NORMAL 3 TO 7 M

7) BLOOD GROUP..... Rh (D) type.....  
Result:- *ef*

LAB INCHARGE/  
PATHOLOGIST.

BEFORE TREATMENT

GCP- J. 13-07-04-2018-15,000.

GOVT. AYURVEDIC HOSPITAL &  
GOVT. RESEARCH DEPT. (AYURVEDA)  
ERRAGADDA: HYDERABAD

OP 293

**BLOOD EXAMINATION REPORT**

NAME: Madhavilatha Date: 20-3-2019  
Age: 54 yrs Sex: F

1. BLOOD SUGAR:  
F.B.S. ..... 92 mg. (70-110 mgs.)  
P.L.B.S. ..... 150 mg. (120-170 mgs.)  
R.B.S. ..... (60-160 mgs.)

2. BLOOD UREA..... (15-45 mgs.)  
3. TOTAL SERIUM CHOLESTEROL..... (<200 mg/dL)  
4. HDL - CHOLESTEROL..... (≥ 60 mg/dL)  
5. SERUM BILIRUBIN..... (0.3-1.2 mgs.)  
6. SERUM CREATININE..... (0.9-1.5 mgs.) M  
..... (0.8-1.3 mgs.) F  
7. SERUM URIC ACID..... 2 mg. (3.6-7.7 mgs.) M  
..... (2.5-6.8 mgs.) F

8. R.A. FACTOR.....  
9. C.R.P.....  
10. A.S.O.....  
11. V.D.R.L.....

*ef*

LAB INCHARGE/  
PATHOLOGIST.

AFTER TREATMENT

GCP- J. 13-07-04-2018-15,000.

GOVT. AYURVEDIC HOSPITAL &  
GOVT. RESEARCH DEPT. (AYURVEDA)  
ERRAGADDA: HYDERABAD

OP 293

**BLOOD EXAMINATION REPORT**

NAME: Madhavilatha Date: 2-4-2019  
Age: 54 yrs Sex: F

1. BLOOD SUGAR:  
F.B.S. ..... 70 mg. (70-110 mgs.)  
P.L.B.S. ..... 154 mg. (120-170 mgs.)  
R.B.S. ..... (60-160 mgs.)

2. BLOOD UREA..... (15-45 mgs.)  
3. TOTAL SERIUM CHOLESTEROL..... (<200 mg/dL)  
4. HDL - CHOLESTEROL..... (≥ 60 mg/dL)  
5. SERUM BILIRUBIN..... (0.3-1.2 mgs.)  
6. SERUM CREATININE..... (0.9-1.5 mgs.) M  
..... (0.8-1.3 mgs.) F  
7. SERUM URIC ACID..... 6.2 mg. (3.6-7.7 mgs.) M  
..... (2.5-6.8 mgs.) F

8. R.A. FACTOR.....  
9. C.R.P.....  
10. A.S.O.....  
11. V.D.R.L.....

*ef*

LAB INCHARGE/  
PATHOLOGIST.